

Cardio Kickboxing



Instructor: Terrell Cooper

Cardio kickboxing is a group fitness class that combines self-defense techniques with fast-paced cardio. Burn major calories, improve coordination and flexibility, and build lean muscle that will help melt fat. This is a non-contact workout. Move at your own pace. Any level of fitness can join this class.

Schedule may change due to weather or other unplanned building closures.

Sign up at least 1 week before each new session begins!

No Refunds, except for those with a Doctor's excuse, and then only for the portion of remaining classes.

No enrollment after a class has begun, until the next session

2019 Cardio Kickboxing: Ages 16 to 90 Minimum 6/Maximum 20 **Time:** 6:30-7:30pm
Adult Fee per 4 class Session: \$80 Residents/\$100 Non-Residents 8 Classes
Session 4: Mondays & Thursdays: June 3, 6, 10, 13, 17, 20, 24, 27
Session 5: Mondays & Thursdays: July 1, 8, 11, 15, 18, 23, 25, 29 (off 7/4)
Session 6: Mondays & Thursdays: Aug. 1, 5, 8, 12, 15, 19, 22, 26
Session 7: Mondays & Thursdays: Aug. 29, Sept. 5, 9, 12, 16, 19, 23, 26 (off 9/2)
Session 8: Mondays & Thursdays: Sept. 30, Oct. 3, 7, 10, 17, 21, 24, 28 (off 10/14)
Session 8: Mondays & Thursdays: Oct. 31, Nov. 7, 14, 18, 21, 25, Dec. 2, 9 (off 11/4, 11/11, 11/28)

Adult Cardio Kickboxing at the Pruzin Community Center 5750 Tyler Street, Merrillville, IN 46410 (219) 980-5911
Make checks payable to: Merrillville Parks and Recreation (put Driver's License # on checks)

Students Name: _____

Birthdate: ____ \ ____ \ ____

Full Address: _____

City: _____ State: _____ Zip: _____

E-Mail: _____

Phone Number: _____

Class session enrolling in: _____ Mondays or Thursdays? _____

Cash is always accepted Credit cards (circle one). Visa MasterCard

Number on card _____ Expiration Date _____ CRV Number _____

(If you have given us an e-mail address you can pay on-line with a Credit Card at:

<https://register1.vermontsystems.com/wbwsc/inmerrillville.wsc/splash.html>

